Teeth Whitening User Guide

It is important that you follow these instructions and those that may be given by your dentist very carefully.

Teeth Whitening is a very straight forward process:

1. Thoroughly brush and ideally floss your teeth.
2. Place a small amount of gel into the bleaching tray in the front of each tooth impression of the teeth that need to be whitened. You should use enough gel to cover the front surfaces of your teeth (each syringe contains enough gel for 3 x upper and lower treatments).
3. Place the filled bleaching tray over your teeth and gently press the front of the tray. This will spread the gel evenly across each tooth.
4. Wipe off any excess gel with a cotton bud, making sure you can remove any gel from your gums and/or gum line.

Wear the filled bleaching tray as instructed preferably by your dentist. However we recommend using for 1 to 3 sessions per week. Each session should last between 1 and 2 hours.

When the treatment is complete, remove your bleaching tray and brush your teeth with a wet toothbrush (no toothpaste) to remove any excess gel. Rinse your trays under cold water and brush them to remove any excess bleaching gel. It is important that you use cold water as hot water may distort your trays.

In between treatments you should keep your bleaching trays in the storage case provided with your kit.

It is important that you consult your dentist if you experience any discomfort. Slight sensitivity during whitening is common but if it becomes uncomfortable it can be alleviated by adjusting your whitening regime. Desensitizing toothpaste can be used if any sensitivity does occur.

Do not eat, drink or smoke whilst you are wearing the bleaching tray. Avoid teeth-staining foods, such as red wine and strongly coloured dishes for 48 hours after whitening.

ALWAYS CONSULT YOUR DENTIST IF YOU HAVE ANY QUESTIONS

DenLAB Direct products must be used for the purpose that they are intended and are not suitable for children under the age of 18.

Do not whiten your teeth if you are pregnant or breast feeding.

Consult your GP if you are taking any form of medication.

Keep out of reach of children. If swallowing occurs take the child and the bleaching gel to an Accident & Emergency unit immediately.